



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Diez, Utz

Club: USV Jena

Number: 314

Course: 10.00 km

Köstritzer Lauf

Category:

Männer M75

Total time: 1:12:00

Speed: 8.33 km/h

Running performance: 7:12 min/km

Rank in course/Total: 151 (of 153)

Rank in course/Men: 128 (of 129)

Best time in course: 31:30

Rank in category: 5(of 5)

Best time in the category: 1:00:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.29	8:13	6:22	4	1:08	125	7:06	1.29	8:13	6:22	1	-	13	3:40
Lap 2	2,075.00	14:05	0:00	5	2:40	125	11:16	2,076.29	22:18	0:00	1	-	13	11:45
Lap 3	2,075.00	15:23	0:00	5	3:45	127	12:23	4,151.29	37:41	0:00	1	-	13	20:08
Lap 4	2,075.00	15:01	0:00	5	3:51	128	14:33	6,226.29	52:42	0:00	1	-	13	28:09
Lap 5	2,075.00	16:13	0:00	5	4:53	125	12:13	8,301.29	1:08:55	0:00	1	-	13	32:22
Last lap Finish	411.00	3:05	0:00	3	0:22	113	1:46	10.00	1:12:00	7:12	5	11:01	128	40:30